

Menu

Meals On Wheels ♦ April 2019 ♦ 209-3696

Please call by noon the day before to schedule or cancel a reservation

Monday	Tuesday	Wednesday	Thursday	Friday
1st Pork Chop smothered in Brown Gravy, Cauliflower w/ Cheese Sauce, Broccoli, and Wild Rice	2nd Baked Chicken, Southern Greens, Black-eyed Peas, Yellow Rice, and a Dinner Roll	3rd Lemon Pepper Cod, Sautéed Squash, Oven Roasted Potatoes, and a Dinner Roll	4th Roasted Turkey & Cheese On Whole Wheat Bread, Lettuce, Tomato, Pickle, and Carrot, Pineapple & Raisin Salad	5th Pulled BBQ Pork Sandwich w/ Baked Beans, and Corn
8th Pot Roast, Mashed Potatoes, Gravy, California Vegetable Medley, and a Dinner Roll	9th Three Cheese Baked Marconi, Sautéed Spinach, and Stewed Tomatoes	10th Baked Pork Chop, Mashed Potatoes & Mushroom Gravy, Steamed Broccoli, and a Dinner Roll	11th Home-Style Beef Stew w/ Baby Lima Beans, Baked Apples, and a Biscuit	12th Stuffed Peppers smothered in Marinara Sauce, Parsley Potatoes, Corn, and a Dinner Roll
15th Crispy Oven Fried Chicken, Okra & Tomatoes, Great Northern Beans, and a Dinner Roll	16th Spaghetti smothered in Italian Meat Sauce, Yellow Squash, Green Beans and Dinner Roll	17th Chicken Salad served on a bed of Crisp Lettuce, Shreds of Carrots, Tomato Wedges, and Crackers	18th Country Fried Steak w/ Mashed Potatoes, Gravy, Carrot Coins, and Dinner Roll	19th Roasted Turkey, Steamed Broccoli, Yams, and a Dinner Roll
22nd Baked Fillet of Fish, Brown Rice, Sautéed Squash, and Brussel Sprouts	23rd Glazed Ham topped with Pineapple, Sweet Potato Casserole, Green Beans, and a Biscuit	24th Creamy Chicken Fettuccine Alfredo, Green Beans, Baked Peaches, and Dinner	25th Tuna Sandwich on Rye Bread, Lettuce, Tomato, and Signature Potato Salad	26th Vegetable Quiche, Broccoli, and Roasted Potatoes
29th All Beef Hot Dog, Sauerkraut, and Baked Beans	30th Swedish Meatballs over Egg Noodles, Peas, Carrots, and Whole Wheat Roll	May 1st Baked Ziti, Seasonal Vegetable, and Broccoli		

** Each Meal includes fruit and low fat milk *St. Johns County Council On Aging, a private non-profit corporation funded by the Federal Older Americans Act, State General Revenue through the Florida Department of Elder Affairs, Northeast Florida Area Agency on Aging, Elder Source, St. Johns County Board of County Commissioners, and the United Way of St. Johns County.*